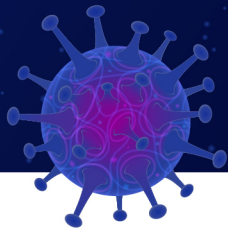


# What to Do If You Feel Sick?

## CORONAVIRUS COVID-19



If you have been told that you have COVID-19 or have symptoms like a fever, cough, or difficulty breathing, follow the steps below to take care of yourself and help protect other people in your home and community.



### STAY HOME AND AWAY FROM OTHERS

- Stay home, except to seek medical care.
- Wear a cloth covering over your nose and mouth if you leave to seek medical care.
- Stay in touch with your doctor.
- Avoid gatherings, public transportation, ride-sharing, or taxis.
- Let others you have come into close contact with recently for more than 10 minutes know that you don't feel well and they should self-monitor.



### PRACTICE GOOD HYGIENE

- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes.
- Clean all "high-touch" surfaces, like tables, door knobs, phones/electronics and household fixtures, everyday.
- Avoid sharing personal care items when possible.



### MONITOR YOUR SYMPTOMS

- Common symptoms of COVID-19 include fever, cough, difficulty breathing and loss of taste and smell.
- Follow instructions from your healthcare provider.
- Take care of yourself – get rest and stay well hydrated.



### SEEK MEDICAL ATTENTION IF YOU FEEL WORSE

If you start to feel worse or have any of the below symptoms, please contact your doctor:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face
- Any new symptoms that are severe or concerning to you

